



1-800-QUIT NOW  
Indiana's Tobacco Quitline

## TOBACCO CESSATION **GUIDELINES**

### STEP

1

#### **ASK** ABOUT TOBACCO USE

EVERY PATIENT • EVERY VISIT • NON-JUDGEMENTAL

- When was the last time you smoked or used any type of tobacco?

### STEP

2

#### **ADVISE** TO QUIT

CLEAR • STRONG • PERSONALIZED

- It's important that you quit as soon as possible, and I can help.
- Quitting is the best decision you can make for your health and the health of your family

### STEP

3

#### **REFER** TO INDIANA TOBACCO QUITLINE

Complete entire provider section of the FAX REFERRAL FORM. Have your patient complete the patient section and sign for consent as required by HIPAA.

- Fax the form to: **1-800-483-3114**. The Indiana Tobacco Quitline will fax a follow-up report back to your office.
- To obtain the Fax Referral Form, visit: [www.indianatobaccoquitline.net/documents/QLfaxreferral.pdf](http://www.indianatobaccoquitline.net/documents/QLfaxreferral.pdf).

### THE 5 R'S

INTERVENTION FOR PATIENTS  
NOT READY TO QUIT

**Relevance** Encourage patients to consider reasons why quitting is personally relevant.

**Risks** Identify patient-specific negative consequences of tobacco use.

**Rewards** Identify patient-specific benefits of quitting.

**Roadblocks** Identify barriers to quitting and ways to overcome them.

**Repetition** Enhance motivation at every encounter.

### STEP

4

#### **PRESCRIBE** PHARMACOTHERAPY

Discuss Medication Options with Your Patient  
(See *Pharmacotherapy Chart*.)

### STEP

5

#### **EVALUATE** THE QUIT ATTEMPT AT FOLLOW-UP

- Status of attempt
- Congratulate success, encourage continued efforts to quit if still smoking
- "Slips" and relapse
- Medication compliance and plans for discontinuation

The Quitline is FREE to your Indiana patients and is staffed by trained tobacco cessation quit coaches.